THE FUN COOKING MAGAZINE FOR FAMILIES

WINTER 2020

CHOP CHOP

THE GIVING ISSUE

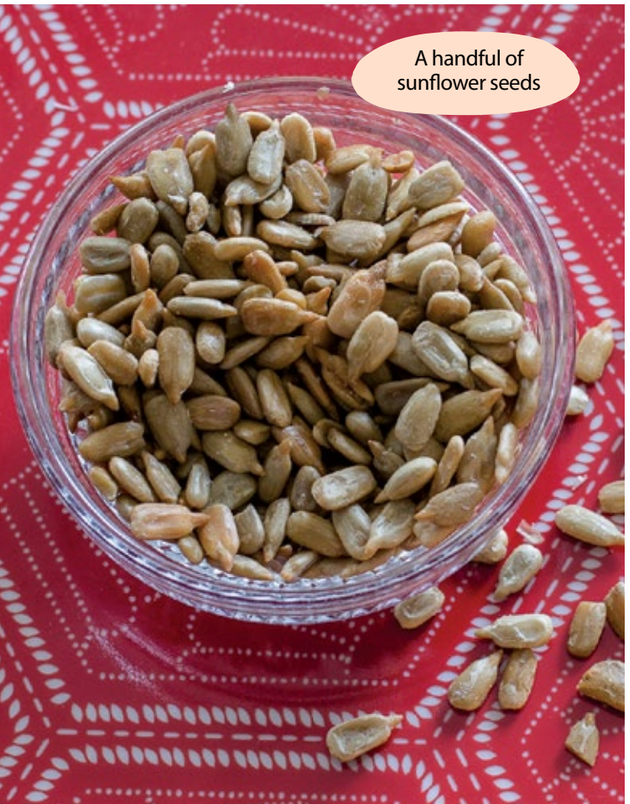
Food as kindness, food as care

ALL ABOUT LEMONS

PLUS Holiday breakfast, Red Beans and Rice, gifts from your kitchen, and more

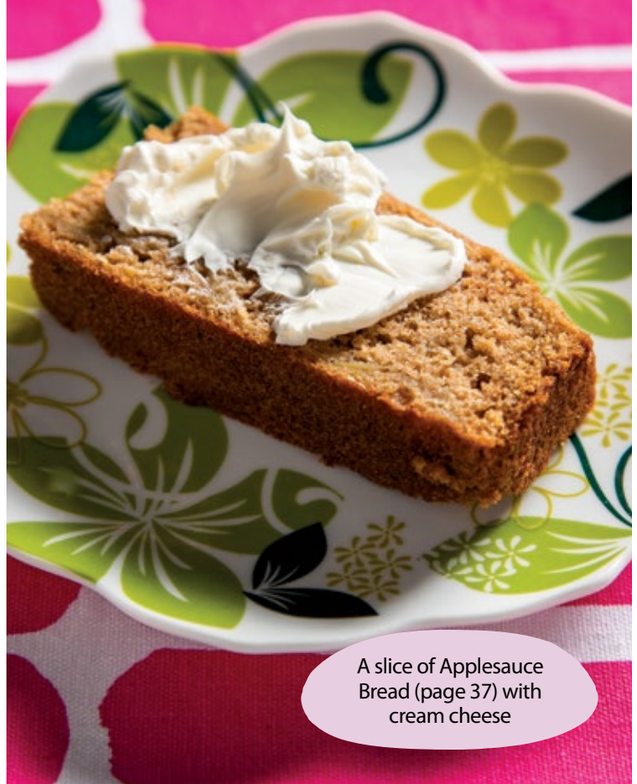
QUICK BITES

Cheese melted on a piece of whole-grain toast



A handful of sunflower seeds

Pita Chips (page 39) with Classic Hummus (page 26)



A slice of Applesauce Bread (page 37) with cream cheese

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All recipes by **Sally Sampson** and **Catherine Newman**, unless otherwise attributed.

THE LEARNING GUIDE TO THIS ISSUE

LEARN THE KEY

At the top of each recipe, you'll find a key code. Here's how to read it:

HANDS-ON TIME: 30 MINUTES | TOTAL TIME: 1 HOUR | MAKES: 6 SERVINGS

HANDS-ON TIME
This is how long it takes to work on the recipe, including gathering your kitchen gear and preparing the food. During hands-on time, you can't do anything other than work on the recipe.

TOTAL TIME
This is how long it takes to make the recipe from start to finish, including the time for cooking and baking when you may be able to do something else—like clean up! In recipes that do not involve cooking, this may be the same as **HANDS-ON TIME.**

MAKES
This number will usually tell you how many people the recipe serves. But sometimes we'll tell you how much the recipe makes.

LEARN THE LINGO

Here are some of the cooking terms you might see in our recipes.
If you come across others you don't know, look them up! (You knew we were going to say that.)

- **Cored** means with the stem and hard center part removed.
- **Diced** means cut up into cubes about the size of dice.
- **A pinch** is the small amount you can pinch between your finger and thumb.
- **Pitted** or **seeded** means with the pits or seeds removed.
- **Sauté** means to cook something gently in a little oil.
- **Simmer** means to cook at a very gentle boil.
- **To taste** means taste it to see whether you want to add more of something.
- **Toss** means to mix together lightly.

KITCHEN SKILL

How to grate citrus zest

Many recipes in this issue call for (that's recipe-speak for "ask you to use") grated lemon zest as an ingredient. The zest is the really flavorful, colorful outer part of the peel of a citrus fruit. Always zest the fruit before you juice it.

1. Wash the fruit well and dry it.
2. Rub the fruit gently back and forth across a wand grater or the finest holes of a box grater. Stop when you see the white part beneath (that's called the pith, and it's bitter) and move the fruit to grate a fresh spot.
3. Continue until all the colorful zest is grated off.

The surface of the grater is sharp, so be sure to keep your fingers away from it!

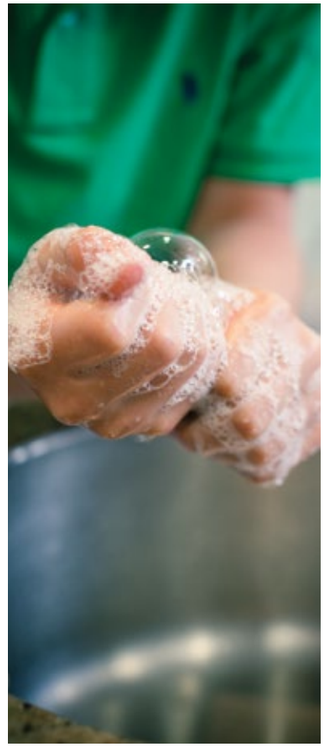
If you don't have a grater, use a vegetable peeler to sliver off skinny strips of peel. Cut the slivers into tiny pieces with a knife or kitchen scissors.

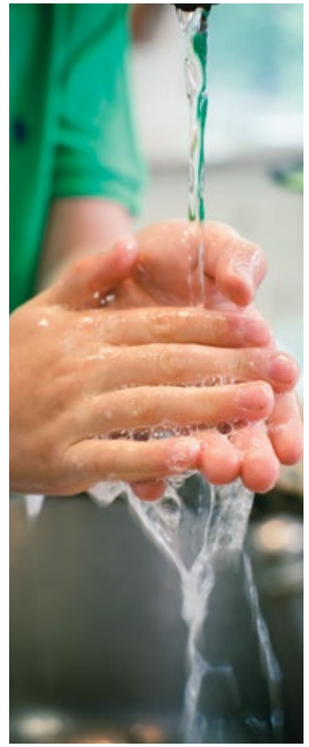
KITCHEN SKILL

How to wash your hands

Give them a good scrub before you cook, after you touch raw meat, and before you serve or bring anybody food. If you are wearing jewelry, take it off.

1. Wet your hands with warm water.
2. Add soap and rub your hands together.
3. Scrub the back of your hands, palms, fingers, between your fingers, under your fingernails.
4. Keep scrubbing while you sing all the way through the "Happy Birthday" song.
5. Rinse well.
6. Dry your hands with a clean towel or paper towel.





KITCHEN SKILL

How to juice citrus without a gadget

We also use lots of fresh lemon juice in this issue. If you've got a gadget at home—a citrus squeezer or juicer—ask someone to show you how to use it. Otherwise, try this:

1. Put the fruit on a flat surface (like a countertop) and press down on it with the palm of your hand. While you press, roll it back and forth a couple of times. This squishes the inside of the fruit a little bit to help the juice come out.
2. Cut the fruit right through the center (where the equator would be if the fruit were Earth) into two halves.
3. Working with one half at a time, hold the fruit over a bowl or measuring cup and stick a fork into the cut side. Squeeze the fruit and wiggle the fork back and forth to extract the juice. Squeeze hard to get every last drop! Then squeeze the other half. You might have to pick some seeds out of the juice.

CHOP CHOP Jr.

RECIPES JUST RIGHT FOR THE LITTLEST COOKS

Toast With Tahini and Cinnamon

Claire made her own snack!

BEFORE YOU START

- **WASH** your hands with soap and water and dry them.
- **CLEAN** the countertop.
- **GATHER** all your kitchen gear and ingredients and put them on the counter.
- **SCRUB** all the fruits and vegetables and lay them out on a clean dish towel to dry.
- **PREPARE** your ingredients, which means you may have to do something before you get started with the instructions.

SAFETY TIP Get an adult's permission and help with all sharp knives, appliances (blender and food processor), the stove or oven, and hot ingredients.

HEALTHY START

Spinach Frittata for a Crowd

We love to make something special for a holiday breakfast, especially if we've got guests. But if you're not feeding a crowd, you can halve this recipe and bake it in an 8-inch square baking pan.

HANDS-ON TIME: 30 MINUTES | TOTAL TIME: 50–60 MINUTES | MAKES: 6–8 SERVINGS

KITCHEN GEAR

Cutting board
Sharp knife (adult needed)
9 x 13-inch baking pan
Measuring spoons
Measuring cups
Large bowl
Fork or whisk
Pot holders

INGREDIENTS

- 1 teaspoon vegetable or olive oil
- 12 large eggs
- 1 teaspoon salt
- 4 scallions, root ends trimmed off, greens and whites chopped
- ½ cup grated mozzarella or cheddar cheese (or ½ cup crumbled feta cheese)
- 1 (16-ounce) bag frozen spinach, thawed and squeezed over the sink (to remove some of the liquid)
- 4 slices whole-wheat bread, lightly toasted, torn or cut into bite-size pieces

INSTRUCTIONS

1. Turn the oven on and set the heat to 350 degrees. Grease the baking pan with the oil and then put it in the oven to heat at the same time.
2. Crack the eggs into the bowl and mix well with the fork or whisk. Add the salt, scallions, cheese, spinach, and bread and mix well.
3. Once the oven temperature has reached 350 degrees, ask an adult to carefully remove the baking pan from the oven.
4. Carefully pour the egg mixture into the hot pan.
5. Using pot holders, return the pan to the oven. Bake until the eggs are set and the top is just golden, 20 to 30 minutes.
6. Serve right away, or let cool, cover, and refrigerate up to 3 days.

GET CREATIVE

- Stir ¼ cup chopped fresh basil leaves into the egg mixture.
- Add dollops of ricotta cheese to the top before baking.
- Replace the bread with 1 large potato, cooked and chopped (2½ to 3 cups).

KITCHEN CASH

MATH AND FINANCE IN COOKING

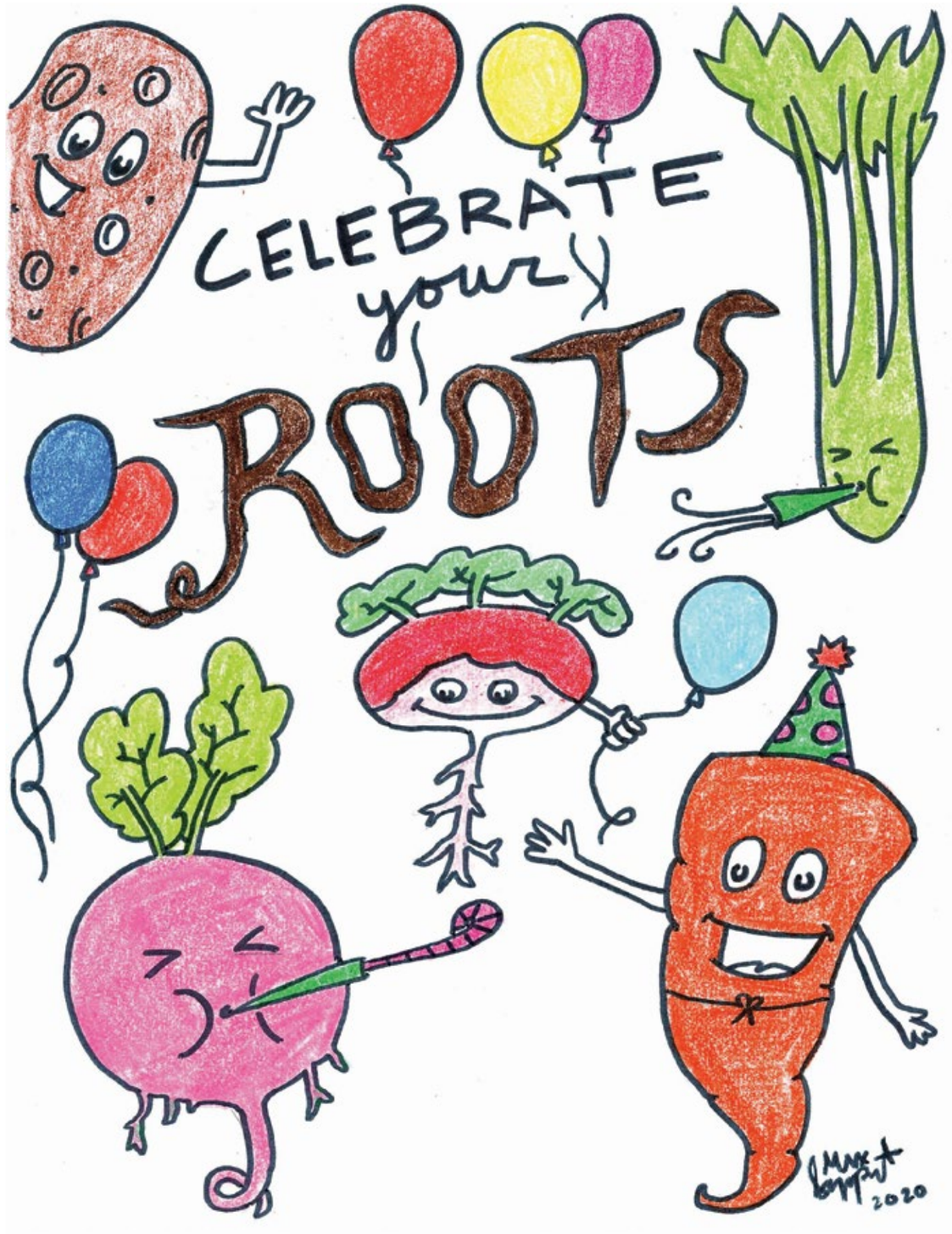
You are planning to make the Spinach Frittata for a Crowd (page 9). If the recipe feeds 6 people (it actually feeds 6 to 8, but we're simplifying here), and a dozen (12) eggs costs $3.00, then …

1. How many eggs will you need to make the recipe for only 4 people?
2. How much will the eggs cost?
3. How many eggs will you need to make the recipe for 10 people?
4. How much will the eggs cost?

1. _____
2. _____
3. _____
4. _____

Answers on page 45

CARTOON CORNER BY MAXWELL SURPRENANT



Kenji's Red Beans and Rice

A plain old pot of boiled beans may seem like a boring meal, but once you start adding exciting flavors to it, it's anything but. This recipe should be familiar to anyone who has visited New Orleans, where every Monday, the Creole cooks flavor their beans with smoky sausage, onion, celery, bell pepper, and spices. You can even add hot sauce to your bowl—if you dare! This recipe tested well with Kids Advisory Board member Owen, who is a native Louisianan, so we know it's good.

HANDS-ON TIME: 1 HOUR
TOTAL TIME: 1 HOUR 20 MINUTES **MAKES:** 6 SERVINGS

KITCHEN GEAR

Cutting board
Sharp knife (adult needed)
Measuring spoons
Measuring cups
Can opener
Strainer or colander
Large Dutch oven or pot with lid
Heatproof spatula
Pot holders

INGREDIENTS

- 1 tablespoon vegetable oil
- 1 pound smoked turkey sausage (such as andouille or kielbasa), cut into ½-inch slices
- 1 large onion, peeled and finely chopped
- 1 green bell pepper, seeded and finely chopped
- 4 celery stalks, finely chopped
- 1 teaspoon salt
- 4 garlic cloves, peeled and minced
- ½ teaspoon to 1 tablespoon cayenne pepper (depending on how hot you like it)
- 1 teaspoon ground sage (if you like)
- ¼ teaspoon black pepper
- 2 (15-ounce) cans red kidney beans, drained and rinsed
- 3 cups water
- 2 bay leaves
- Cooked brown rice, for serving
- Hot sauce, for serving (Kenji likes Crystal or Frank's)

BEFORE YOU START

- **WASH** your hands with soap and water and dry them.
- **CLEAN** the countertop.
- **GATHER** all your kitchen gear and ingredients and put them on the counter.
- **SCRUB** all the fruits and vegetables and lay them out on a clean dish towel to dry.
- **PREPARE** your ingredients, which means you may have to do something before you get started with the instructions.

INSTRUCTIONS

1. Put the Dutch oven on the stove, turn the heat to medium-high, and add the oil. When the oil is hot, add the sausage and cook, stirring frequently, until lightly browned, about 5 minutes.
2. Add the onion, bell pepper, celery, and salt and cook, stirring frequently, until the vegetables have softened and are just starting to brown around the edges, about 8 minutes. Add the garlic and cook, stirring, until fragrant, about 45 seconds. Add the cayenne pepper, sage (if using), and black pepper. Cook, stirring, until fragrant, about 30 seconds.
3. Add the beans, water, and bay leaves. Bring to a boil (you'll know it's boiling because you'll see little bubbles breaking at the surface), then turn the heat to low and cook, stirring occasionally, until the liquid has thickened and turned creamy, about 20 minutes. If the pot starts to look dry before the stew turns creamy, add another cup of water and continue simmering. Repeat as necessary until your desired level of creaminess is achieved.
4. Fish out the bay leaves and throw them away. Now taste the beans. Do they need a pinch more salt, cayenne, or black pepper? If so, add it and then taste again. Serve the red beans over steamed brown rice with a dash (or more) of hot sauce, if you like.

J. KENJI LÓPEZ-ALT is the author of the children's storybook, *Every Night Is Pizza Night*. He's also the chef/partner at Wursthall, Chief Culinary Advisor at Serious Eats (seriouseats.com), a *New York Times* columnist, and the author of the *New York Times* best seller *The Food Lab: Better Home Cooking Through Science*. You can follow his work on Twitter or Instagram (@kenjilopezalt), or watch him cook one of his recipes on "Kenji's Cooking Show" on YouTube (youtube.com/kenjialt). Kenji lives in San Mateo, California, with his wife and daughter.

SAFETY TIP Get an adult's permission and help with all sharp knives, appliances (blender and food processor), the stove or oven, and hot ingredients.

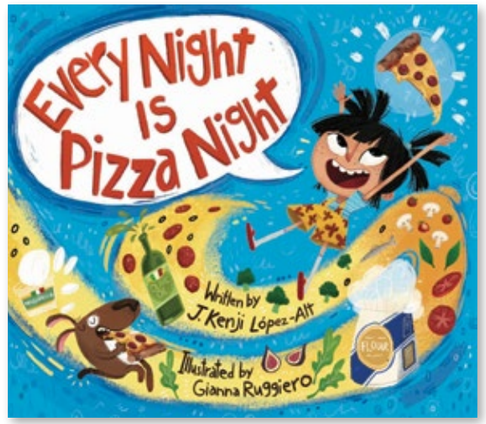
Feast Your Mind

The perfect book for any food lovers on your holiday list.
BY BIRDY NEWMAN

Every Night Is Pizza Night

By J. Kenji López-Alt, Illustrated by Gianna Ruggiero

Ages 3–8



Pipo eats pizza every night. She's tried it on a cold morning, in the dark, and even upside down to prove that it is, in fact, the best food. But when her parents beg Pipo to try some new meals, she decides she will, knowing that gathering more data is the scientific thing to do. She tastes her neighbor Eugene's spicy bibimbap. She tries the delicious combination of chicken and apricots in Farah's tagine. She eats from a comforting potful of Dakota's red beans and rice. As Pipo learns what different foods mean to the people around her neighborhood, you will probably get very hungry. Luckily, this book has a recipe for Pipo's famous pizza for you to make with your family! (If you're craving a juicy dumpling or a steaming bowl of green pozole soup, you might have to turn to a family member, a friend, or a recipe from the internet.)

FOOD AS KINDNESS

Sometimes, making food is how we show people we care about them. We prepare meals for our friends and family, and we bring food to people who need it: sick folks, parents of new babies, new neighbors who haven't finished unpacking their dishes yet. These recipes are designed to transport easily and to nourish and comfort the person receiving them.

FOOD AS KINDNESS

Our Favorite Applesauce

If someone in your house isn't feeling well—or isn't feeling happy—then a batch of homemade applesauce might be just what they need. You can eat it plain, spoon it onto yogurt, or use it to make our Applesauce Bread (see page 37).

HANDS-ON TIME: 15 MINUTES **TOTAL TIME:** 45 MINUTES **MAKES:** ABOUT 4 CUPS

KITCHEN GEAR

Cutting board
Sharp knife (adult needed)
Measuring cups
Measuring spoons
Medium-sized pot
Wooden spoon
Potato masher or fork
Pot holders

INGREDIENTS

6 apples (any kind), unpeeled, cored, and diced
1 cup water (or more if needed)
1 teaspoon ground cinnamon

INSTRUCTIONS

1. Put all the ingredients in the pot and put it on the stove. Turn the heat to high and cook until it just comes to a boil (you'll hear it first but may have to look at the sides of the pot to see the bubbles).
2. Lower the heat to low, cover the pot, and cook until the apples are falling-apart tender, 30 to 45 minutes, stirring every few minutes to make sure the apples aren't sticking. If the mixture seems dry at any point, add another ¼ cup water. Set the cooked apples aside to cool a bit, about 10 minutes.
3. Mash the apples using the potato masher or fork, then set aside to cool until just warm. Serve right away, or transfer to an airtight container and refrigerate until cold, or up to 1 week.

GET CREATIVE

- **Chunky Applesauce:** Don't mash the apples too much.
- **Nutty Applesauce:** Add ½ cup chopped lightly toasted walnuts or pecans after it's cooked.
- **Cranberry Applesauce:** Add ½ cup fresh or frozen cranberries to the pot with the apples.
- **Rhubarb Applesauce:** Add ½ cup chopped rhubarb to the pot with the apples.

BEFORE YOU START

- **WASH** your hands with soap and water and dry them.
- **CLEAN** the countertop.
- **GATHER** all your kitchen gear and ingredients and put them on the counter.
- **SCRUB** all the fruits and vegetables and lay them out on a clean dish towel to dry.
- **PREPARE** your ingredients, which means you may have to do something before you get started with the instructions.

SAFETY TIP Get an adult's permission and help with all sharp knives, appliances (blender and food processor), the stove or oven, and hot ingredients.

Pasta e Fagioli

Pasta e fagioli (PAHS-ta ay fah-JOE-lee), or Italian pasta and beans, is a hearty soup that makes a good, simple winter meal. Feel free to experiment with different kinds of beans and different shapes of pasta (you can even use rice), and consider bringing it to your next potluck—or to a friend who needs a comforting meal.

HANDS-ON TIME: 30 MINUTES ▮ **TOTAL TIME:** 1–1½ HOURS ▮ **MAKES:** 6–8 SERVINGS

KITCHEN GEAR

Cutting board
Sharp knife (adult needed)
Measuring spoons
Measuring cups
Large pot with lid
Can opener
Strainer or colander
Wooden spoon
Blender or potato masher
Pot holders

INGREDIENTS

- 1 tablespoon olive or vegetable oil
- 1 onion, peeled and chopped
- 2 celery stalks, chopped
- 2 carrots, scrubbed and diced
- 3 garlic cloves, peeled and finely chopped (or ¾ teaspoon garlic powder)
- 1 teaspoon dried thyme or rosemary (or a combination)
- ½ teaspoon crushed red pepper (if you like spicy)
- 1 bay leaf
- 2 (15-ounce) cans white beans (such as navy, cannellini, or Great Northern), drained and rinsed
- 1 (15-ounce) can diced tomatoes, including the liquid
- 6 to 8 cups low-sodium chicken broth
- 1 cup orzo (rice-shaped pasta), ditalini, or another small pasta shape
- 1 bunch kale, stems removed and leaves chopped
- 1 or 2 lemons, scrubbed and quartered

Freshly grated Parmesan cheese

INSTRUCTIONS

1. Put the pot on the stove, turn the heat to medium, and add the oil. When the oil is hot, add the onion, celery, carrots, garlic, herbs, and crushed red pepper (if using) and cook, stirring frequently, until the vegetables are tender, 10 to 15 minutes.
2. Add the beans, tomatoes, and 6 cups of the chicken broth. Raise the heat to high and bring just to a boil (you'll know it's boiling because you'll see little bubbles breaking at the surface). Lower the heat to low and cook, partially covered (with the lid balanced halfway across the pot), for 40 minutes.
3. Carefully transfer about 2 cups of the solids to the blender and blend until smooth, then return the blended soup to the pot. Or, use the potato masher and mash some of the soup right in the pot.
4. Add the pasta and kale and cook, stirring occasionally, until the pasta is tender, about 20 minutes. It should be thick, but is it too thick for you? If so, add 1 more cup of chicken broth and check again. Still too thick? Add another cup of chicken broth. Now taste the soup. Does it need a pinch of salt? If so, add it and then taste again. Serve right away, with lemon wedges and grated cheese, or let cool, transfer to an airtight container, and refrigerate up to 3 days.

SAFETY TIP Get an adult's permission and help with all sharp knives, appliances (blender and food processor), the stove or oven, and hot ingredients.

BEFORE YOU START

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- **CLEAN** the countertop.
- **GATHER** all your kitchen gear and ingredients and put them on the counter.
- **SCRUB** all the fruits and vegetables and lay them out on a clean dish towel to dry.
- **PREPARE** your ingredients, which means you may have to do something before you get started with the instructions.

HOW THEY MAKE IT

Parmesan Cheese

Parmesan cheese is a hard, nutty-tasting cheese that is traditionally made in the Parma region of Italy, though it is also made here in the United States. It's often grated and used as a topping for pasta, soups, and stews.

To make it, cheesemakers add culture (a type of good bacteria, which starts fermentation) and rennet (a type of enzyme, which starts a reaction) to heated cow's milk. After the mixture curdles, the whey, which is the watery part of the milk, is drained out (and sometimes fed to farm animals). The curds are gathered up into large wheel-shaped cheese molds, which can hold around 100 pounds. After a few days, these wheels of cheese are released and soaked in salt water for around a month before getting moved to an "aging room" for a year or longer. While it ages, the cheese gets harder and drier, and it develops a delicious flavor.

The average finished wheel of Parmesan cheese weighs 84 pounds and measures 16 to 18 inches in diameter. At the store, you'd likely buy just a small piece or else a container of already-grated cheese.

KITCHEN SCIENCE

Why does it feel good to do something nice?

Bring someone a meal, and you'll do more than make them happy—you'll actually feel happy yourself. Research suggests that, among other positive effects on your brain, doing something kind releases the neurotransmitter dopamine, which is your brain's own feel-good chemical. Your brain sends out dopamine to reward you for doing something kind or important. So do something nice and get rewards yourself, too. It's win-win!

Ava is giving away a jar of Kenji's Red Beans and Rice (page 12), and that feels good.

Lemony cucumbers

This is a really simple salad—especially if you already have a jar of Lemon Vinaigrette (page 36) in the fridge! If you don't have any lemons, then just make the vinaigrette with vinegar instead of lemon juice, and use that instead.

HANDS-ON TIME: 30 MINUTES | **TOTAL TIME:** 30 MINUTES | **MAKES:** 6 SERVINGS

KITCHEN GEAR

Cutting board
Sharp knife (adult needed)
Medium-sized bowl
Measuring cup

INGREDIENTS

- 2 English cucumbers (the plastic-wrapped kind), thinly sliced
- ¼ cup Lemon Vinaigrette (page 36)
- Salt (if needed)

INSTRUCTIONS

Put the cucumbers and vinaigrette in the bowl and mix well. Taste a piece of cucumber. Does it need more vinaigrette or a pinch of salt? If so, add it and taste again. Serve right away, or cover and refrigerate up to 2 days.

OR ELSE

If you can't find English cucumbers, use 4 regular cucumbers and peel them.

DID YOU KNOW?

Cucumbers are in the melon family. Can you tell by the way they taste that they're related?

BEFORE YOU START

- **WASH** your hands with soap and water and dry them.
- **CLEAN** the countertop.
- **GATHER** all your kitchen gear and ingredients and put them on the counter.
- **SCRUB** all the fruits and vegetables and lay them out on a clean dish towel to dry.
- **PREPARE** your ingredients, which means you may have to do something before you get started with the instructions.

SAFETY TIP Get an adult's permission and help with all sharp knives, appliances (blender and food processor), the stove or oven, and hot ingredients.

WHAT'S DIFFERENT?

We found 8 changes in the picture on the right.

How many can you find?
Answers on page 45

Make a Meal from a Can?

YES YOU CAN!

Classic Hummus

Homemade hummus is almost as easy as opening a can. We love to bring a batch of this dip along with some Pita Chips (page 39) when we're visiting friends and family over the holidays. (But you can always eat them yourself instead!)

HANDS-ON TIME: 15 MINUTES | TOTAL TIME: 15 MINUTES | MAKES: 2 CUPS

KITCHEN GEAR

- Cutting board
- Sharp knife (adult needed)
- Can opener
- Strainer or colander
- Food processor or blender (adult needed)
- Measuring cups
- Measuring spoons

INGREDIENTS

- 1 (15-ounce) can chickpeas, drained and rinsed
- 1 garlic clove, peeled and chopped (or ¼ teaspoon garlic powder)
- ½ cup tahini (sesame paste; see page 27)
- ¼ cup olive oil
- ¼ cup freshly squeezed lemon juice (see page 5)
- 2 tablespoons warm water (or more if needed)
- 1 teaspoon salt

INSTRUCTIONS

1. Put the chickpeas and garlic in the bowl of the food processor fitted with a steel blade and process until the chickpeas are finely chopped.
2. Add the remaining ingredients and process until smooth. Add an extra tablespoon of water if it's not as smooth as you like. Now taste the hummus: Does it need another pinch of salt or squeeze of lemon? If so, add it and then taste again. Serve right away, or cover and refrigerate up to 4 days.

Find tahini in the international section of your supermarket or in a natural foods store.

INTRODUCING: TAHINI

What is it? Tahini is a condiment made from hulled sesame seeds (sesame seeds with the outer husk removed) that have been lightly toasted and ground, much like peanut butter, into a very smooth, creamy paste.

Where in the world? Tahini is used in lots of Middle Eastern dishes, including Hummus (page 26), baba ghanoush (an eggplant dip), and in sauces for falafel, gyros, and other pita sandwiches.

How do you use it?

- Spread it on toast (page 6).
- Make Classic Hummus (page 26).
- Add a dash of soy sauce to 2 tablespoons tahini and brush on fish or chicken before grilling.
- Add 1–2 tablespoons to 1 cup of vinaigrette to make it rich and creamy.
- Drizzle a few teaspoons on chicken right after it comes out of the oven.
- Mix it with equal amounts of yogurt and honey and dip fresh fruit into it.
- Use it as a substitute for peanut butter.

How do you store it? If you buy tahini in a can, transfer the contents to a plastic or glass container and cover and refrigerate. If you buy it in a plastic or glass jar, simply store it in the refrigerator. If the oil separates from the tahini, stir it well to recombine them before using.

SAFETY TIP Get an adult's permission and help with all sharp knives, appliances (blender and food processor), the stove or oven, and hot ingredients.

ALL ABOUT LEMONS

We love everything about lemons. From their brightly fragrant zest to their tart juice, these bright yellow citrus fruits add so much flavor to food. Drop a wedge of lemon into a glass of water and you'll know what we mean—something plain is transformed into something tangy and aromatic. Plus, lemons add tons of flavor to a wide range of dishes—from baked goods and other sweets to dips, salads, soups, and just about anything else you'd want to eat.

5 WAYS TO USE LEMONS

- Swap lemon juice for vinegar in homemade **salad dressing**.
- Grate lemon zest over cooked **chicken or fish**.
- Add lemon slices to your **water bottle.**
- **Flavor a jarful** of olive or vegetable oil with strips of lemon zest.
- Squeeze lemon juice over **cooked vegetables**.

BY THE NUMBERS

- In 2018, over **40 billion** pounds of lemon and limes were produced around the world.
- The Guinness World Record for "heaviest lemon" belongs to a nearly **12-pound** lemon grown by Aharon Shemoel in Israel.
- A lemon tree can produce up to **600 pounds** of fruit in a year.

The most common variety of lemon you see in the supermarket is Eureka.

DID YOU KNOW?

Thanks to their high vitamin-C content, lemons were used in the 18th century to treat scurvy—a disease sailors suffered at sea from not getting enough of that important nutrient.

TK

TASTE TEST

To learn how the different parts of a lemon taste, begin by scrubbing a lemon all over with a clean sponge, then rinse it under running water and dry it.

1. To taste the zest—the colored part of the peel—use a vegetable peeler (or your thumbnail) to sliver off a strip. Now pinch it and smell it. How does it smell? Nibble a little bite of it. How does it taste?
2. Cut the lemon in half and squeeze some of its juice into a glass. Smell the juice. Does it smell like the zest? How so or how not? Take a sip. What does it taste like? Is it sweet? Sour? Bitter? A combination?
3. Which would you describe as more "lemony"—the zest or the juice? When might you use the zest, the juice, or a combination?

Max and Kyle smell and taste the lemon. It's sour!

WHAT FLAVORS GO WELL WITH LEMONS?

- The piney taste of **rosemary**
- The pungent flavor of **garlic**
- The sweetness of **strawberries**
- The spiciness of **ginger**
- The coolness of **mint**

WHERE IN THE WORLD?

Preserved lemons are made in Morocco by adding lots of salt to cut lemons. The salt softens the rind and keeps the lemons from spoiling. The salty, flavorful preserved lemons are then used as a condiment to season lots of different dishes.

TRY THIS NOW: INVISIBLE INK

Lemon juice, which is nearly clear, turns brown when you heat it. To test this out, try squeezing a little lemon into a dish, then use a Q-tip or a paint brush to write a message on white paper. Let it dry completely, until your message disappears. Ready to reveal it? Just stick the paper in the hot sun or next to a hot lightbulb (be careful not to burn yourself) and watch your words appear.

Lemon Chicken

This is a fantastic family dinner, of course, but it's also a wonderful meal to bring to anyone who could use a night off from cooking. Using 3 whole lemons gives the chicken a really amazing flavor.

HANDS-ON TIME: 15 MINUTES | TOTAL TIME: 2 HOURS | MAKES: 4 SERVINGS

BEFORE YOU START

- **WASH** your hands with soap and water and dry them.
- **CLEAN** the countertop.
- **GATHER** all your kitchen gear and ingredients and put them on the counter.
- **SCRUB** all the fruits and vegetables and lay them out on a clean dish towel to dry.
- **PREPARE** your ingredients, which means you may have to do something before you get started with the instructions.

KITCHEN GEAR

Cutting board
Sharp knife (adult needed)
Large bowl
Measuring spoons
Grater or zester
Rimmed baking sheet
Pot holders
Tongs or spatula

INGREDIENTS

- 8 bone-in, skin-on chicken thighs
- 2 garlic cloves, peeled and sliced
- 3 lemons, 2 zested and juiced (see pages 4–5) and 1 scrubbed and thinly sliced
- 1 teaspoon dried rosemary, thyme, and/or oregano (if you like)
- 1½ teaspoons salt
- ½ teaspoon black pepper
- 1 onion (any color), peeled and thinly sliced

INSTRUCTIONS

1. Put the chicken, garlic, zest and juice of 2 lemons, herbs (if using), salt, and pepper in the bowl and mix well. Cover and refrigerate at least 1 hour and up to 4.
2. Turn the oven on and set the heat to 425 degrees. Put the baking sheet in the oven to heat at the same time.
3. Once the oven temperature has reached 425 degrees, ask an adult to remove the hot baking sheet. Spread out the lemon and onion slices on it. Put the chicken on top of the lemon and onion, skin-side up.
4. Using pot holders, return the baking sheet to the oven. Bake until the chicken is well browned and crispy, about 45 minutes. Serve right away, or cover and refrigerate up to 3 days.

When handling raw chicken, it is very important that you wash your hands well after you touch it, before you touch anything else.

SAFETY TIP Get an adult's permission and help with all sharp knives, appliances (blender and food processor), the stove or oven, and hot ingredients.

QUENCH

Hot Lemon-Ginger Tea

A warming, tangy mugful. Think spicy lemonade—but for the wintertime! (It's good cold, too.)

HANDS-ON TIME: 10 MINUTES | TOTAL TIME: 15 MINUTES | MAKES: 2 SERVINGS

KITCHEN GEAR

Cutting board
Sharp knife (adult needed)
Measuring cup
Small pot
Fork
Measuring spoons
2 mugs

INGREDIENTS

- 2 cups water
- ½ lemon, scrubbed and thinly sliced
- 3 slices fresh ginger (you don't need to peel it)
- 1 tablespoon honey

INSTRUCTIONS

1. Put the water, lemon slices, and ginger slices in the pot, put the pot on the stove, and turn the heat to medium.
2. When the water comes to a boil (you'll know it's boiling because you'll see little bubbles breaking at the surface), turn off the heat and leave the mixture to steep for 5 minutes.
3. Use the fork to mash the lemon and ginger slices against the side of the pot to add all their flavor and juice to the water, then fish them out and throw them away. Stir in the honey.
4. Carefully pour the "tea" into the mugs and serve right away.

DID YOU KNOW?

Fresh ginger is spicy! That's because it contains gerogerol, a compound that activates spice receptors on the tongue. Gingerol is molecularly similar to capsaicin, which is the compound that gives chile peppers their heat.

BEFORE YOU START

- **WASH** your hands with soap and water and dry them.
- **CLEAN** the countertop.
- **GATHER** all your kitchen gear and ingredients and put them on the counter.
- **SCRUB** all the fruits and vegetables and lay them out on a clean dish towel to dry.
- **PREPARE** your ingredients, which means you may have to do something before you get started with the instructions.

Where is Claire going with a basket of lemons?

SAFETY TIP Get an adult's permission and help with all sharp knives, appliances (blender and food processor), the stove or oven, and hot ingredients.

ALL ABOUT LEMONS

Avgolemono

Avgolemono (av-GO-li-MO-no) is a tangy egg-and-lemon soup from Greece. It is delicious and nutritious—plus, it's quick and inexpensive to make, and a lovely treat to bring to someone who is feeling under the weather. Kids Advisory Board member Aleeza tested this recipe using long-grain basmati rice, which worked really well.

HANDS-ON TIME: 30 MINUTES | TOTAL TIME: 1 HOUR | MAKES: 8 SERVINGS

KITCHEN GEAR

Large pot
Measuring cups
Juicer
Grater or zester
Medium-sized bowl
Whisk or fork
Ladle
Pot holders

INGREDIENTS

- 8 cups (2 quarts) low-sodium chicken or vegetable broth
- ⅓ cup orzo (rice-shaped pasta) or long-grain rice
- 6 large eggs
- Finely grated zest and freshly squeezed juice of 1 large lemon (pages 4–5)
- Salt (if needed)
- ¼ cup chopped fresh parsley or dill

INSTRUCTIONS

1. Put the pot on the stove, put the broth in the pot, and turn the heat to high.
2. When the broth comes to a boil (you'll know it's boiling because you'll see little bubbles breaking at the surface), add the orzo or rice, lower the heat to low, and cook until the orzo is tender, about 15 minutes. (If you're using brown rice, you'll need to cook it about 30 minutes longer.)
3. While the orzo is cooking, crack the eggs into the bowl, add the lemon juice, and whisk with the whisk or fork until creamy yellow.
4. Once the orzo is done, use the ladle to scoop out about 1 cup of the broth mixture. Very gradually add it to the egg mixture, whisking all the while so you don't let the eggs curdle. (This is called "tempering" the eggs, and it heats them just enough that you can mix them back into the soup without it all turning into scrambled eggs.)
5. Pour the egg mixture into the pot and cook for 10 minutes, whisking until all the broth is combined with the eggs. If you want it to be thicker, cook a bit longer.
6. Stir in the lemon zest, then taste the soup. Does it need more lemon juice? A pinch of salt? If so, add it and taste again.
7. Serve right away, garnished with the parsley or dill.

WHERE IN THE WORLD?

Can you find Greece on a map? What other countries is it close to? What bodies of water?

BEFORE YOU START

- **WASH** your hands with soap and water and dry them.
- **CLEAN** the countertop.
- **GATHER** all your kitchen gear and ingredients and put them on the counter.
- **SCRUB** all the fruits and vegetables and lay them out on a clean dish towel to dry.
- **PREPARE** your ingredients, which means you may have to do something before you get started with the instructions.

SAFETY TIP Get an adult's permission and help with all sharp knives, appliances (blender and food processor), the stove or oven, and hot ingredients.

Claire and Khalil prepare some gifts of Avgolemono.

GIFTS FROM YOUR Kitchen

We love homemade gifts—and we love edible homemade gifts even more! These are gifts to be savored. If the recipient wants to keep the giving going, feel free to share the recipe!

Lemon Vinaigrette

This all-purpose dressing adds citrusy brightness to just about any salad, including our Lemony Cucumbers (page 22). To give it as a gift, simply add a ribbon and tag to the jar!

HANDS-ON TIME: 15 MINUTES | TOTAL TIME: 15 MINUTES | MAKES: 1 CUP

KITCHEN GEAR

Measuring cup
Measuring spoon
Grater or zester
Jar with a tight-fitting lid

INGREDIENTS

½ cup olive or vegetable oil
Grated zest of 1 lemon (see page 4)
½ cup freshly squeezed lemon juice (about 2 lemons; see page 5)
1 teaspoon mustard (any kind you like)
½ teaspoon salt

INSTRUCTIONS

1. Put all the ingredients in the jar, put the lid on tightly, and shake, shake, shake.
2. Use right away, or refrigerate up to 1 month.

GET CREATIVE

- Add 1 teaspoon dried oregano.
- Add 1 tablespoon pesto.
- Add 1 tablespoon tahini.

KITCHEN SCIENCE

The science of dressing

BY VAYU MAINI REKDAL

Making dressing may seem like a magic trick, but mixing oil and lemon juice is really more like a science experiment.

Follow our Lemon Vinaigrette recipe, but skip the mustard for now. Put just the lemon juice and oil in the jar. What does it look like? Close the lid, and shake for 15 seconds. Now what does it look like? What does it look like after you let it sit for 1 minute? After 2 minutes?

As you can see, oil and lemon juice do not mix together. Oil molecules are hydrophobic, meaning they do not like to mix with ingredients that contain water, such as lemon juice or vinegar. In contrast, lemon juice molecules are hydrophilic: they like to mix with watery ingredients but not oil. As a result, mixtures of lemon juice and oil separate. The oil floats to the top because it has lower density, which means that a tablespoon of oil weighs less than a tablespoon of lemon juice.

The non-mixing of oil and lemon juice makes it difficult to create a dressing that will stay blended. Difficult—but not impossible! That's why we call for mustard—not just for its nice flavor, but for its ability to help the oil and lemon juice to mix. Add 1 teaspoon mustard to the jar, then repeat the shaking experiment above. What happens?

Mustard contains molecules that can mix with both oil and vinegar; these molecules have a hydrophobic part and a hydrophilic part. This prevents dressings from separating when mixed. A mixture where oil is brought together with a water-based ingredient is called an emulsion.

Sometimes the kitchen is just like a laboratory—one that's full of delicious experiments.

SAFETY TIP Get an adult's permission and help with all sharp knives, appliances (blender and food processor), the stove or oven, and hot ingredients.

BEFORE YOU START

- **WASH** your hands with soap and water and dry them.
- **CLEAN** the countertop.
- **GATHER** all your kitchen gear and ingredients and put them on the counter.
- **SCRUB** all the fruits and vegetables and lay them out on a clean dish towel to dry.
- **PREPARE** your ingredients, which means you may have to do something before you get started with the instructions.

Applesauce Bread

We call this bread, but it's such a delicious treat that you can feel free to call it cake! To bake it for gifting, use a disposable baking pan, then wrap it in plastic wrap or cellophane and add a ribbon and gift tag.

HANDS-ON TIME: 20 MINUTES | TOTAL TIME: 55 MINUTES | MAKES: 12 SERVINGS

KITCHEN GEAR

8-inch square baking pan
Measuring spoons
Measuring cups
Large bowl
Whisk or fork
Wooden spoon or silicone spatula
Pot holders

INGREDIENTS

½ cup vegetable oil, plus 1 teaspoon
2 large eggs, at room temperature
1 cup light or dark brown sugar
1½ cups Our Favorite Applesauce (page17) or store-bought, at room temperature
1½ cups whole-wheat flour, all-purpose flour, or a combination
1½ teaspoons baking soda
1 teaspoon ground cinnamon
½ teaspoon salt

INSTRUCTIONS

1. Turn the oven on and set the heat to 350 degrees. Grease the baking pan with 1 teaspoon oil.
2. Put the eggs and sugar in the bowl. Beat with the whisk or fork until the mixture is evenly blended.
3. Add the applesauce and ½ cup oil and mix well (don't be surprised if the mixture looks curdled). Add the flour, baking soda, cinnamon, and salt and mix well.
4. Pour the mixture into the prepared pan and, using the spoon or spatula, flatten out the top.
5. Once the oven temperature has reached 350 degrees, put the pan in the oven and bake until the top is golden brown and a toothpick, stuck into the middle and pulled out again, comes out clean, 25 to 35 minutes.

GET CREATIVE:

- Add 1 cup chopped toasted walnuts to the batter.
- Add ½ cup raisins to the batter.
- Add 1 tablespoon finely chopped fresh ginger to the batter.

BEFORE YOU START

- **WASH** your hands with soap and water and dry them.
- **CLEAN** the countertop.
- **GATHER** all your kitchen gear and ingredients and put them on the counter.
- **SCRUB** all the fruits and vegetables and lay them out on a clean dish towel to dry.
- **PREPARE** your ingredients, which means you may have to do something before you get started with the instructions.

GIFTS FROM YOUR KITCHEN

Pita Chips

These chips are easy to make, and they make a fun gift. Package them in plastic bags with a ribbon, and include the recipe for our Classic Hummus (page 26) for inspiration.

HANDS-ON TIME: 15 MINUTES | TOTAL TIME: 15 MINUTES | MAKES: 4 SERVINGS

KITCHEN GEAR

Kitchen scissors
Rimmed baking sheet
Measuring spoons

INGREDIENTS

- 2 whole-wheat pita breads
- 2 teaspoons olive oil
- ¼ teaspoon salt

INSTRUCTIONS

1. Turn the oven on and set the heat to 425 degrees.
2. Using the scissors, cut each pita into 8 triangles. Open up each triangle and cut it at the edge to make 2 triangles. You should have 32 triangles total. Put the triangles on the baking sheet. Using a brush or your clean fingers, lightly coat the triangles with the oil and sprinkle with the salt.
3. Once the oven temperature has reached 425 degrees, put the baking sheet in the oven and bake until the triangles are lightly golden, about 5 minutes. Eat warm, or set aside to cool and store in an airtight container.

OR ELSE

Add 2 tablespoons sesame seeds, poppy seeds, or a combination when you add the salt.

SAFETY TIP Get an adult's permission and help with all sharp knives, appliances (blender and food processor), the stove or oven, and hot ingredients.

Stock Your Kitchen

Keep these essential ingredients on hand so you're always ready to cook.

PANTRY

- Canned beans (black, white, kidney, and chickpeas)
- Canned tomatoes (diced and whole)
- Low-sodium chicken or vegetable broth
- Vinegar
- Vegetable oil
- Olive oil
- Mustard
- Salt
- Black pepper
- Spices
- Flour
- Honey
- Maple syrup
- Whole-wheat pasta
- Rice
- Canned tuna

REFRIGERATOR

- Butter
- Eggs
- Plain yogurt
- Cheese

PRODUCE

- Lemons and limes
- Garlic
- Onions
- Carrots
- Celery

SHOPPING LIST FOR THIS ISSUE

- Scallions
- Frozen spinach
- Whole-wheat bread
- Smoked turkey sausage
- Green bell pepper
- Kale
- Tahini
- Cucumbers
- Apples
- Chicken thighs
- Fresh ginger
- Fresh parsley or dill
- Whole-wheat pita breads
- Brown sugar
- Baking soda

SCRUMPTIOUS WORD SEARCH

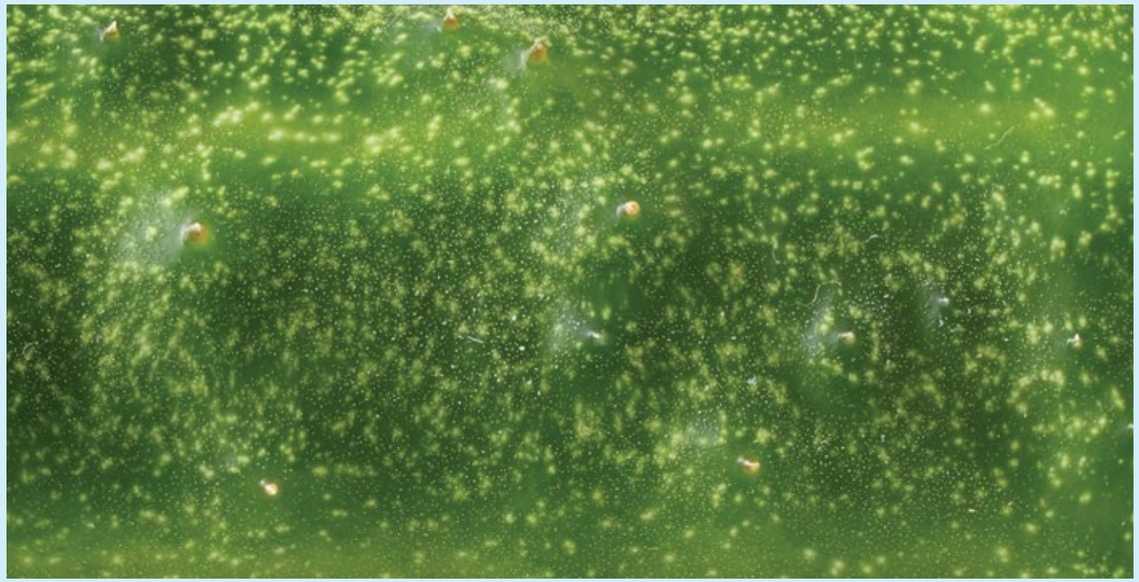
J	X	C	E	L	E	R	Y	B	L	P	M	D	G	D
T	L	R	V	M	X	G	P	B	D	O	A	K	C	W
U	A	O	L	T	J	R	R	F	Z	R	V	S	I	O
J	N	O	S	E	C	X	B	R	A	I	B	C	T	S
A	I	A	C	C	M	W	O	D	A	C	S	B	S	A
I	Z	T	C	U	E	O	K	A	L	E	C	E	A	L
I	W	R	A	R	C	O	N	U	J	P	A	A	U	G
J	Z	M	Y	W	B	U	O	S	T	E	L	N	S	D
A	G	T	E	V	D	O	M	B	Y	P	L	S	A	D
E	A	O	N	T	W	N	L	B	R	P	I	I	G	C
G	R	M	N	A	S	I	B	T	E	E	O	F	E	O
G	L	A	E	H	B	O	P	J	W	R	N	Z	B	W
S	I	T	C	I	N	N	A	M	O	N	S	S	L	X
P	C	O	F	N	T	A	Y	L	D	H	P	H	S	F
X	U	E	L	I	Z	N	P	L	K	Z	I	V	K	Q
D	U	S	S	Z	A	I	Q	P	I	K	N	K	W	W
R	P	Q	A	X	E	D	Z	H	L	T	A	Q	A	Q
W	J	O	L	W	W	E	I	T	Z	E	C	Q	W	A
N	M	T	E	O	O	Z	R	V	P	G	H	N	G	A

WORDS HIDDEN ABOVE

APPLE
BEANS
CAYENNE
CELERY
CINNAMON
CUCUMBER
EGGS
GARLIC
KALE
LEMONS
ONION
ORZO
PASTA
PEPPER
RICE
SAUSAGE
SCALLIONS
SPINACH
TAHINI
TOMATOES

Answers on page 45

LOOK AGAIN



Can you guess what this is? Answer on page 45

DELICIOUS DINNERTIME DISCUSSIONS

If you could season your food with only one single spice, what would you pick?

What would be your favorite food gift someone could give your family?

What meal would comfort you if you weren't feeling well?

SCRAMBLED WORDS

Unscramble the words to find some of the ingredients you need to make one of our delicious winter recipes.

ROTSCAR

SMELON

ALEK

SNABE

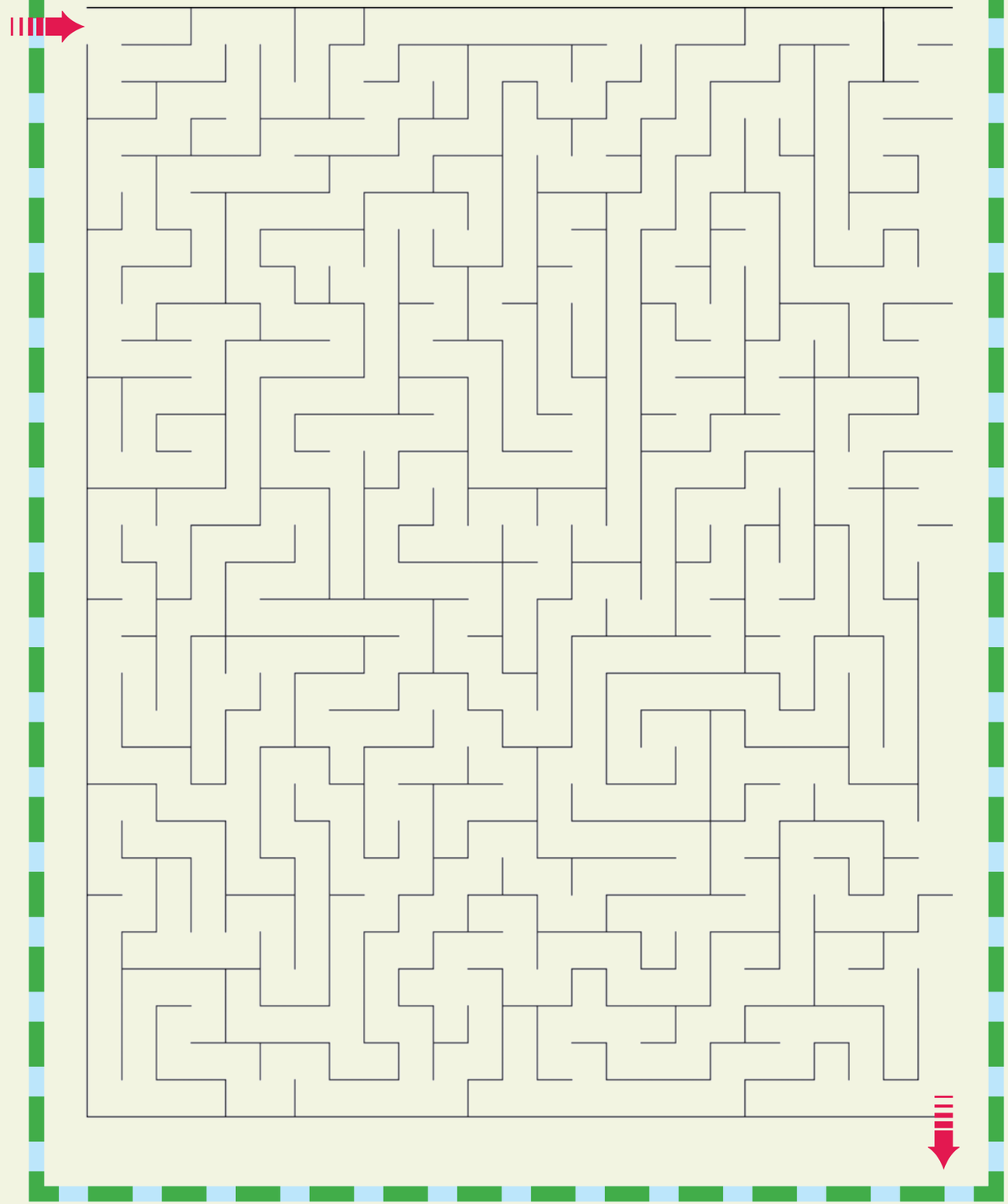
SPARMEAN

Then unscramble the letters in the colored boxes to find another ingredient.

Answers on page 45

AMAZING MAZE

Can you find your way out?



WHAT IS COOKING TO YOU?

What does it mean? How does it feel? Write down the first four things that come to mind when you think about cooking.

Cooking is … love.

Cooking is … math.

Cooking is … learning about other cultures.

Cooking is … flavor.

Cooking is …

Cooking is …

Cooking is …

Cooking is …

CHOP CHOP FAMILY

Get involved in our "Cooking Is" campaign using #CookingIs and #ChopChopFamily on Facebook (@ChopChopMagazine) and Instagram (@chopchopkids). Or send your ideas to cookingis@chopchopfamily.org for a chance to win a prize.

Solutions

WORD SEARCH

FROM PAGE 41

J X C E L E R Y B L P M D G D
T L R V M X G P B D O A K C W
U A O L T J R R F Z R V S I O
J N O S E C X B R A I B C T S
A I A C C M W O D A C S B S A
I Z T C U E O K A L E C E A L
I W R A R C O N U J P A A U G
J Z M Y W B U O S T E L N S D
A G T E V D O M B Y P L S A D
E A O N T W N L B R P I I G C
G R M N A S I B T E E O F E O
G L A E H B O P J W R N Z B W
S I T C I N N A M O N S S L X
P C O F N T A Y L D H P H S F
X U E L I Z N P L K Z I V K Q
D U S S Z A I Q P I K N K W W
R P Q A X E D Z H L T A Q A Q
W J O L W W E I T Z E C Q W A
N M T E O O Z R V P G H N G A

WHAT'S DIFFERENT

FROM PAGE 24

Numbers show changes in the picture. Changed items are listed below.

1. Spatula flipped
2. Bag opened
3. Lemon juiced
4. Lemon squeezed
5. Lemon halved
6. Card flipped over
7. Knife swapped
8. Zest added

KITCHEN CASH

FROM PAGE 10

1. 4/6 = 2/3; 2/3 × 12 = 8
2. 2/3 × $3.00 = $2.00
3. 10/6 = 5/3; 5/3 × 12 = 20
4. 5/3 × $3.00 = $5.00

SCRAMBLED WORDS

FROM PAGE 42

C A R R O T S

L E M O N S

K A L E

B E A N S

P A R M E S A N

Answer:

P A S T A

LOOK AGAIN

FROM PAGE 42

Answer:
A cucumber

CHOP CHOP FAMILY

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OUR MISSION

ChopChop Family's vision is to enrich the lives of families by inspiring and teaching them to cook and eat real food together, while having fun and learning essential skills for a full life.

WHAT MATTERS TO US

We believe that cooking and eating together is fundamental to every family's health and happiness, and that if children learn healthy eating habits when they are young, they will maintain healthy lifestyles into their teenage and adult years. Cooking not only promotes better health, it builds relationships, saves money, and teaches math, science, and cultural and financial literacy, along with other critical life skills. We aim to counteract today's rampant "kitchen illiteracy" by empowering families and communities with our positive message and common-sense, innovative, and fun solution.

DONATE!

Donate at www.chopchopfamily.org/how-you-can-help to support our mission to get *ChopChop* to organizations that serve those most at risk.

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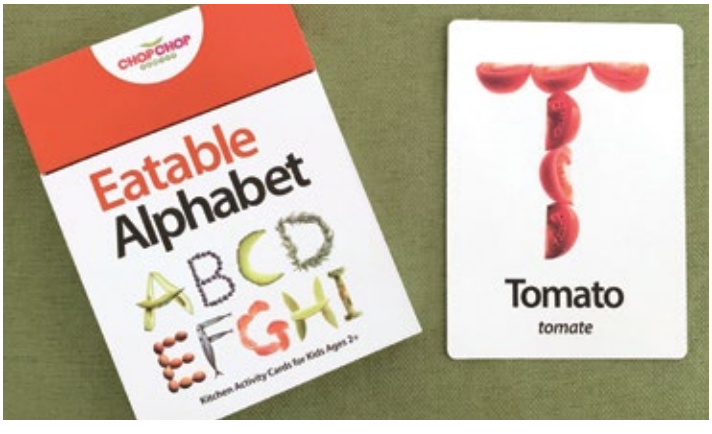
CHOPCHOP FAMILY

Eatable Alphabet

SCAN ME

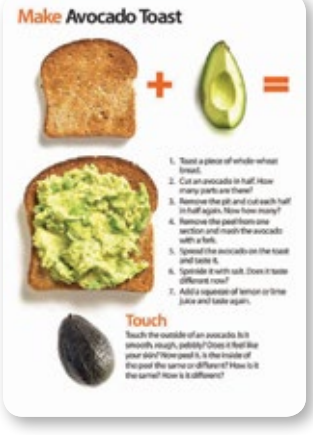
Kitchen Activity Cards for Kids Ages 2+



Developed by ChopChop Family in collaboration with the American Academy of Pediatrics, and with funding from the CDC, **Eatable Alphabet**™ teaches kids aged 2–6 that cooking real food is fun.

The cards offer a portable, accessible way to:

- Engage and educate kids
- Cultivate bonding between kids and caregivers
- Promote early nutrition awareness
- Experience the senses (sight, smell, sound, touch, taste)
- Introduce language and food literacy
- Learn to count
- Teach valuable life skills



Visit chopchopfamily.org/eatablealphabet to order yours!